

Full Report (All Nutrients) 35049, Moose, meat, raw (Alaska Native)

Report Date: July 16, 2017 03:26 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	74.79	1	--
Energy	kcal	103	--	--
Energy	kJ	430	--	--
Protein 1	g	22.30	1	--
Total lipid (fat) 1	g	1.50	1	--
Ash 1	g	1.41	--	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1	mg	5	1	--
Iron, Fe 1	mg	3.28	1	--
Magnesium, Mg 1	mg	23	1	--
Phosphorus, P 1	mg	165	1	--
Potassium, K 1	mg	317	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na 1	mg	65	1	--
Zinc, Zn 1	mg	2.80	1	--
Copper, Cu 1	mg	0.067	1	--
Manganese, Mn 1	mg	0.008	1	--
Vitamins				
Vitamin C, total ascorbic acid 1	mg	4.0	1	--
Thiamin 1	mg	0.070	1	--
Riboflavin 1	mg	0.240	1	--
Niacin 1	mg	5.000	1	--
Vitamin A, RAE	µg	0	--	--
Retinol	µg	0	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU 1	IU	0	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Lipids				
Fatty acids, total saturated	g	0.220	--	--
Fatty acids, total monounsaturated	g	0.150	--	--
Fatty acids, total polyunsaturated	g	1.200	--	--
18:2 undifferentiated 1	g	0.400	1	--
18:3 undifferentiated 1	g	0.800	--	--
Cholesterol 1	mg	54	1	--
Amino Acids				
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993